

ABSTRACT OF THE DISCLOSURE

1 A magnetic recording medium includes a
2 first magnetic layer, a second magnetic layer, and a
3 non-magnetic coupling layer provided between the
4 first and second magnetic layers so that the first
5 and second magnetic layers are exchange-coupled and
6 the magnetizations of the first and second magnetic
7 layers are antiparallel. The first magnetic layer
8 has an exchange coupling field H_{ex1} which is larger
9 than the respective coercivities H_{c1} and H_{c2} of the
10 first and second magnetic layers.